



Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy

Daryl Gioffre

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Easy, customizable plans (2-day, 7-day, and longer) to rid your diet of the acidic foods (sugar, dairy, gluten, excess animal proteins, processed foods) that cause inflammation and wreak havoc on your health.

Let's talk about the four-letter word that's secretly destroying your health: ACID. An acidic lifestyle--consuming foods such as sugar, grains, dairy, excess animal proteins, processed food, artificial sweeteners, along with lack of exercise and proper hydration, and stress--causes inflammation. And inflammation is the culprit behind many of our current ailments, from weight gain to chronic disease. But there's good news: health visionary Dr. Daryl Gioffre shares his revolutionary plan to rid your diet of highly acidic foods, alkalize your body and balance your pH. With the *Get Off Your Acid* plan, you'll:
Gain more energy Strengthen your immune system Diminish pain and reflux Improve digestion, focus, and sleep Lose excess weight and bloating, naturally With alkaline recipes for easy, delicious snacks and meals, *Get Off Your Acid* is a powerful guide to transform your health and energy--in seven days.

Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy Details

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CherylR says

This book was average. Seemed more like it was written to sell his products. Did give me some insight into eating more healthfully although most of it is redundant.

GDeorio says

The book very simply explained to individuals who require exercise and better eating habits. In the second part of the book, the author provides seven(7) ways to get off your acid. Very well written as one follows each step he/she will see improvement in energy level and health. The recipes, alkaline and acidic food guides, carb counters are well explained. The doctor puts everything in plain English. This is a great guide to better energy and health! Thank you Dr. Gioffre

Michele Gia says

This book was so informative! I really love the fact that this is a lifestyle and not a diet! I've dieted throughout my life and hated all of them! The recipes at the end were a bonus and delicious! I have lost weight, gained energy and am sleeping so much better! I would definitely recommend reading this book, it has totally changed my life!

Anni Welborne says

I expect a book about medical matters written by a medical professional (chiropractor in this case) to contain references. This book did not. For that reason alone, I deduct at least two stars.

However, I have heard and read much the information in this book from other sources, so it is sound, as far as my non-medical mind can determine. I personally have experienced a significant change in my health by eliminating most grains, so I can only imagine what dramatic changes might occur if I were to eliminate everything this book advocates.

At times, the stories seemed a bit redundant and astonishing. It also felt at times like a commercial for his products. But I appreciated the balance that the author struck in saying that one should eat 80% alkalizing foods and perhaps 20% acidizing foods. The Standard American Diet is noticeably opposite of that.

Overall, this is an informative book that offers hope for change and better health. It would be more so with references and citations.

Kayla says

Someone lent me this book. I thought the idea of alkaline and acidic foods was interesting, so I gave this books a try.

The author recommends a plant-based lifestyle and as a vegan, I already follow most of the dietary choices recommended in this book.

Some things I found interesting:

1. Most almonds are pasteurized with propylene oxide (PPO) which has been proven to be a carcinogen. This was news to me. I'm currently on the hunt for PPO free almond milk. I found the Califia Farms brand that I really like and their products are Carrageenan and PPO free.

<https://califiafarms.zendesk.com/hc/e...>

Some history and information about PPO:

<https://livingmaxwell.com/conventiona...>

<http://www.inspection.gc.ca/food/chem...>

2. Carbonated (sparkling) water is acidic-like soda. It makes sense when you think about it. Personally, I despise sparkling water with a passion, but I have seen a lot of people drinking it recently so I thought I would add it in here.

3. I've heard this one before. Peanuts have 21 different types of fungus that produce a mycotoxin called aflatoxin. Corn has 25. Unfortunately, I do not see myself ending my love affair with peanuts and peanut butter anytime soon.

<https://poisonousplants.ansci.cornell...>

Things I did not care for or disagreed with:

1. The basis of the book was to avoid acidic foods, even some fruits and vegetables. I think a lot of vital nutrients come from berries and other fruits. Just because they are slightly acidic does not mean they should be avoided.

2. The author really pushed his pH test strips (and other products). I thought this was unrealistic. Sorry, but I'm not going to buy test strips so I can pee on them and check my pH several times a day.

3. Intermittent fasting. I have heard about this recently and I'm not a fan. The idea is to consume all of the day's calories between a narrow window--say eight hours--and to fast for the remaining 16 hours (minimum 14 hours). As a runner and a vegan, this would not work for me. Fourteen to 16 hours without food. Umm, no.

4. Overall I felt that the author should have cited his literature and mentioned more credible studies (he did

have a few listed). As a scientist, I value literature cited and I would have liked to see the hard facts from legitimate studies backing up this author's claims. As the author went through medical school, he would have known about the importance of literature cited. I can understand that maybe he wanted this book to be easier for everyday people to read, but a parenthesis with the author's name and publication year is not too much to ask for (for example, (Smith et al. 2018)).

Fran says

Really nothing new here. Stay away from carbs, sugar, protein, dairy, etc. Use extensive supplements and test your Ph balance. Seriously? How many average people are going to test their urine regularly to determine if they are alkaline enough? Ridiculous.

Porcelain says

Thank you to Netgalley and publisher for an ARC in exchange for an honest review

I saw that a few other reviewer's criticized the philosophy subscribed by Gioffre. I can't speak to how a PH mindful diet helps the average person, but I have an autoimmune disorder that requires I watch the acidity levels of my food. I must admit that I skimmed past the first half and focused on the recipes which I enjoyed, especially the smoothie and desserts as I have a sweet tooth and am unable to eat many traditional desserts.

Sharen Popoff says

Reasonable explanation on why and how our bodies become more acidic with suggestions on how to reverse that process. Many suggestions and changes are practical and common to many 'whole food' and 'healthy' diets but the reasoning behind the diet changes and lifestyle changes are laid out from a different perspective on our body's alkalinity and how that affects our overall health.

Frederik says

Good read

I tried this way of eating and I feel so much better. I have experienced some pancreatitis in my life and I hope this will help get rid of it

Heide Horan says

Very insightful! I learned a lot from this book. Highly recommend to anyone with autoimmune issues or gut issues. I have been on the diet now for 3 weeks best i have felt in years. I am only doing it like 70/30% of the time.

Renee says

Found this book to be very enlightening. I realized that I was not eating as healthy as I thought I was. Loved the recipes. After only a few weeks I notice a major increase in my energy level and my psoriasis is almost gone. Also, I added Dr. Daryl's Alkamind Daily Minerals to my daily routine and I am sleeping so much better. Would highly recommend this book.

Janet says

I received a DIGITAL Advance Reader Copy of this book from #NetGalley in exchange for an honest review. From the publisher -

Easy, customizable plans (2-day, 7-day, and longer) to rid your diet of the acidic foods (sugar, dairy, gluten, excess animal proteins, processed foods) that cause inflammation and wreak havoc on your health. An acidic lifestyle-consuming sugar, dairy, excess animal proteins, processed food, alcohol, preservatives, artificial sweeteners, refined grains - along with lack of exercise, food allergies, and food sensitivities-causes inflammation. And inflammation is the culprit behind many of our current ailments, as well as causing weight gain and preventing weight loss. It's a vicious cycle-being acidic and inflamed makes you fat, and being fat encourages inflammation. Modern diets are so acidic that our bodies must work overtime to neutralize the excess acid. Darryl Gioffre is a chiropractor and raw foods chef who discovered the healing power of foods after his own battle with sugar addiction and highly acidic foods. Now, his chief passion is getting people to remove these toxic foods from their diet-and that's exactly what he does in *Get Off Your Acid*. Dr. Gioffre's signature program shows you how to alkalize your diet and balance your pH, which frees up your body's resources to not only fight the bad stuff, but promote the good stuff that happens naturally once your body is in balance. You'll find that you have more energy, less pain, a stronger immune system, better focus, deeper sleep, improved digestion, your skin begins to glow, and-bonus-the fat literally melts off of your body.

This is a very wordy book that wants you to buy very expensive supplements as shown as needed by scientific research. So, it can go several ways:

1. If you believe that acid is ruining your diet and health, this is the book for you.
2. If you think that acid is ruining your diet and health, this is a good book to read and consider what is written.
3. If, like me, you know that you feel better and have ZERO IBD issues while on a Ketogenic diet (aka lots of acid from meat) than maybe this is not the book for you.
4. If you consider alkaline/acid to be junk science ... this is definitely NOT the book for you
5. If you expect fat to "literally melt off your body" you are, well, kidding yourself.

Interesting read nonetheless.

Wanda says

I did not think this book offered any new information.

